

P44 Stepper

User Manual





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Safety Warning

Always see your physician before beginning any exercise program, especially if you have pre-existing health conditions. If you feel faint or dizzy while using this product, stop immediately and seek medical help or advice. Do not operate this product if it appears damaged. Read this manual in its entirety before use and refer back to it as necessary.



The caution symbol will appear in the outer margins of a page to indicate a potentially hazardous situation that may result in injury.



Introduction

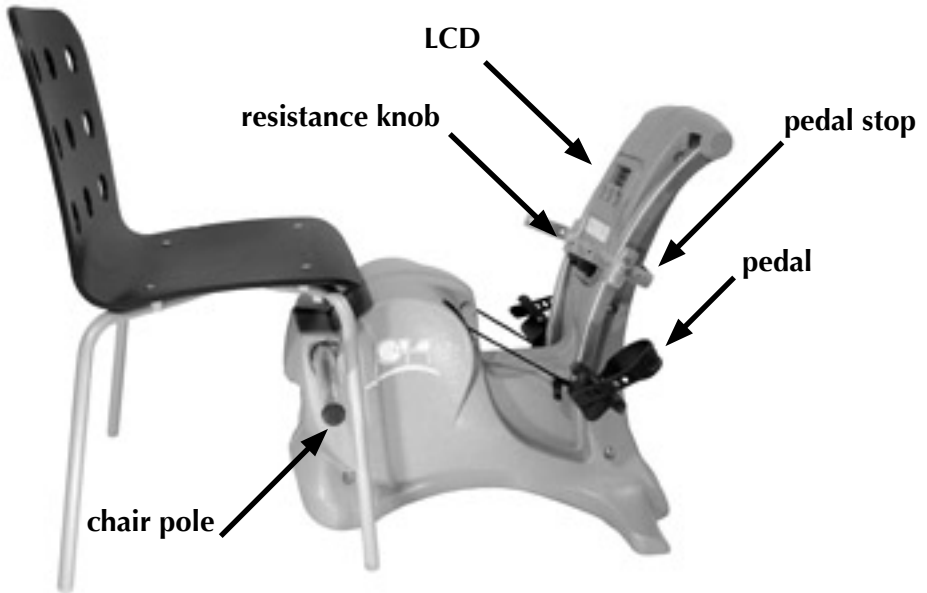
Thank you for purchasing the P44 chair-mounted stepper. This device incorporates a unique leg motion that allows for independent resistance setting, stroke length, and stroke rate from leg-to-leg. P44 accommodates a decreased knee range of motion better than circular pedal travel and also acts as a strengthening device, making it ideal to help in the treatment of:

- osteoarthritis
- total knee replacement
- ACL damage
- stroke recovery
- general geriatric fitness

Time, work, power, and the resistance setting are not only displayed on the LCD, but this data is stored and can be wirelessly transferred via bluetooth® to a PC for analysis. P44 more accurately charts patient progress electronically.

All of this technology is wrapped in a stylish package that is light weight, highly portable, and attaches to any 4-legged chair (including wheelchairs) in seconds.

Overview of Parts





Attaching to Chair

! CAUTION

Improper chair leg width could result in P44 becoming free of chair legs.

Set a chair with a suitable seat height (at least 17.5 inches from ground) and chair leg width (so that pole extends at least 2 inches past outside legs) in front of P44.



Pull the pole free of P44, grasp the front handle and gently roll the device underneath chair seat far enough that the pole can be slid behind the front legs.



Slide the pole into the slot in P44, making sure it catches behind both front legs and extends at least 2 inches past each leg.



! CAUTION

Ensure P44 is securely attached via chair pole to front legs before use.



Manoeuvring Around

! CAUTION

Ensure the pole is in far enough by pushing it into the hole until you meet resistance.

The chair attachment pole is also used as a handle to manoeuvre P44 around. Insert it into the hole in the front and lift up. The higher you lift, the easier it is to push P44 in a straight line. Avoid pulling P44- the pole can slip out and it is harder to manoeuvre.



Setting Pedal Stops

! CAUTION

Releasing the pedal arm while adjusting the pedal stop could result in arm springing back.

With one hand pull the pedal arm toward the front of P44 and hold it while pulling the pin that secures the pedal stop to the pedal arm with the other hand.



Slide the pedal stop bar towards the front of P44 for a starting position requiring less knee flexion and in the opposite direction for a starting position that requires more knee flexion. The pedal stop can also be removed from the slot and inserted the reverse way for a starting position requiring almost no flexion at all.



! CAUTION

Never induce a knee flexion that is painful or uncomfortable.



Getting On



CAUTION

Steady yourself on back of chair.

Approach P44 attached to a chair from either side and lift one leg up and over to the other side. Sit down with one leg on either side of P44.

Alternatively, the user can also begin seated first and the P44 then manoeuvred into place by someone else.



CAUTION

If foot is in danger of slipping off pedal, use adjustable strap to secure.

Place the ball of each foot on the pedal on both sides.



Extend both legs out together or alternatively to begin use.



Setting Resistance (models without LCD)



The resistance is controlled by the two knobs below the information sticker. The left knob controls resistance for the left pedal and the right knob controls resistance for the right pedal. (From here, you can also follow the instructions on the information sticker).



Extend the left pedal out once to test the current resistance. Turn the left knob clockwise to increase the resistance and counter-clockwise to decrease the resistance.

Extend the left pedal out again and adjust as required.



Repeat on the right side.



Connecting Leg Linkage Attachment

Remove the black plastic plug from the hole located on the bridge.



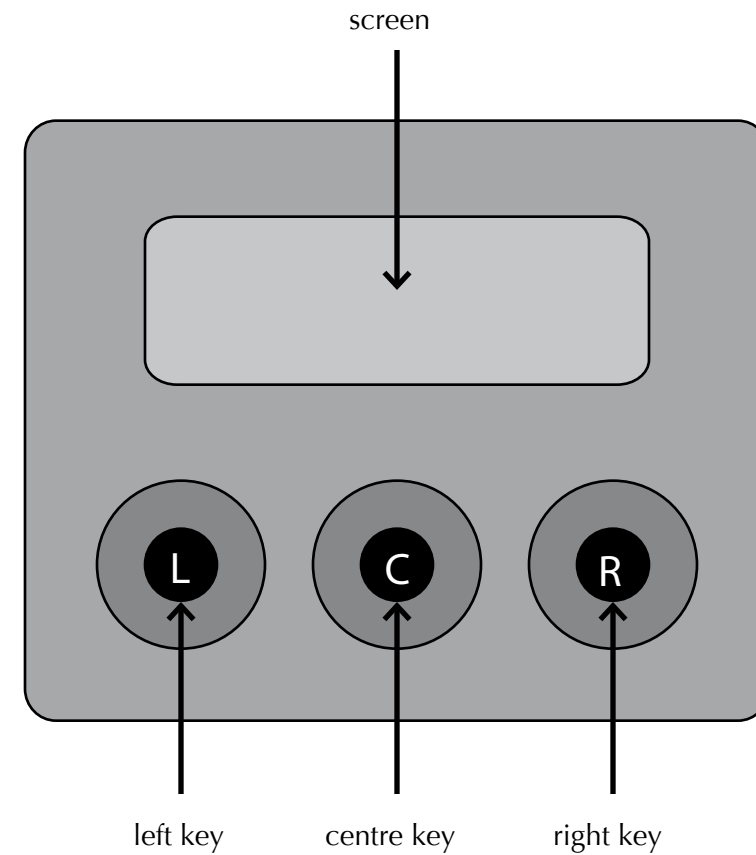
Slide the aluminum bracket rod side down, with the foam pads touching the P44, into the hole as far as it will go.



Clip each side-release clip into the mating end located on each pedal. Adjust the length of the strap according to the height of the user and/or the degree of flexion desired.



LCD Operation

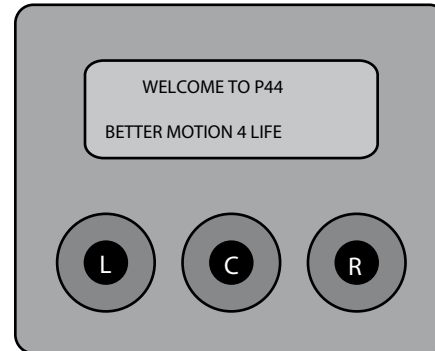


The LCD is required to set the level of resistance as well as display the time, work, and power of the workout session. The optional wireless bluetooth® transfer of stored data is also initiated via the LCD.

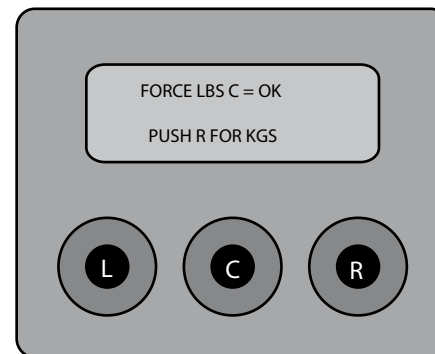


LCD Operation: Setting the Resistance

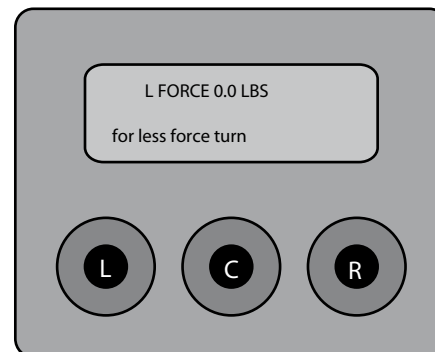
Press any of the three keys to turn the LCD on and the following message will appear. Press any key again to set the resistance.



To set the resistance level in lbs press **C**; to change the units to kgs press **R**



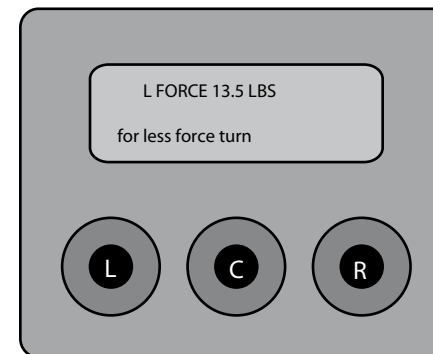
The left side resistance must be set first. The indicator will initially show 0.0 lbs. The scrolling prompt will inform you that turning the left hand knob counter-clockwise decreases the resistance and turning the same knob clockwise increases the resistance.



LCD Operation: Setting the Resistance

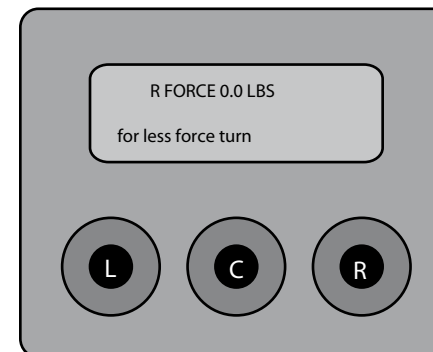


Turn the left hand knob clockwise half a turn to increase the resistance and then extend your left leg out twice to see the current resistance reading on the LCD.



If you are not satisfied with the level of resistance, repeat the steps above to increase or decrease the resistance. Once you are satisfied, finish by pressing

L



Repeat the same steps to set the resistance on the right side and then press **R** to begin the workout.



Setting the resistance above 50 lbs will result in an error and the LCD stopping the workout.

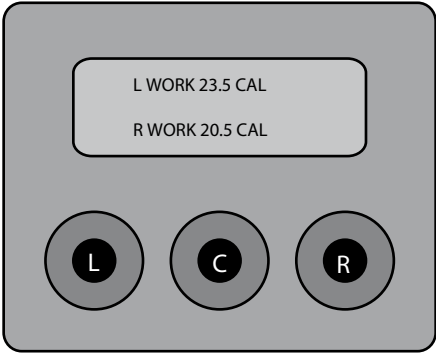


Do not set a resistance level that is too difficult or painful.



LCD Operation: Workout Information

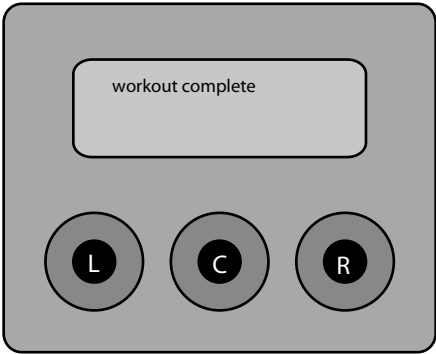
Once the workout begins, the LCD continuously scrolls between time, power, and work. Press any of the three buttons to advance through the screens manually.



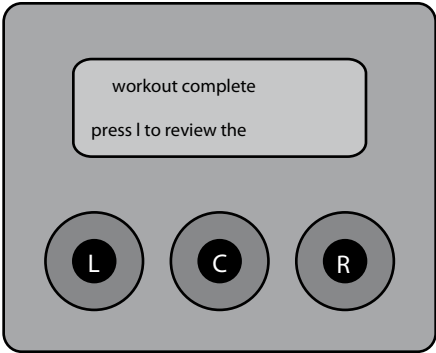
CAUTION

Be sure to press all three buttons simultaneously or the workout will not be stopped.

To stop the workout at any time, press all three buttons at the same time. The following message will then be displayed.



Once the workout has been stopped, press **L** to review the current workout, press **C** to continue the workout and press **R** to reset the system.



LCD Operation: Data Transfer

Coming Soon...

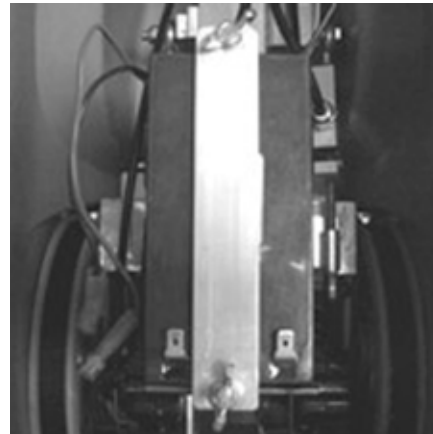


Removing Battery (models with LCD)

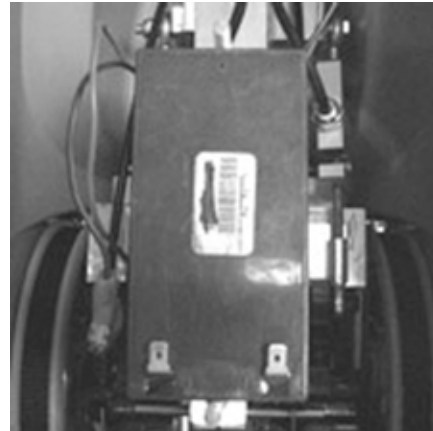


Crossing the leads or placing on incorrect terminal could result in an electrical shock.

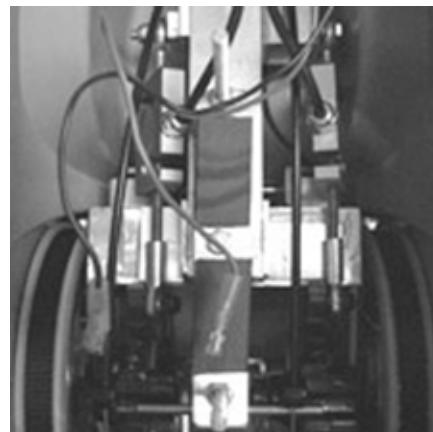
Place P44 carefully on its back-side. Remove the red and black leads from the terminals.



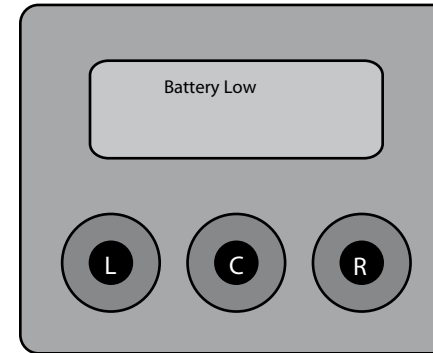
Unscrew the two wing nuts and remove the aluminum battery plate from the bolts.



Pull the battery up and away from the body.

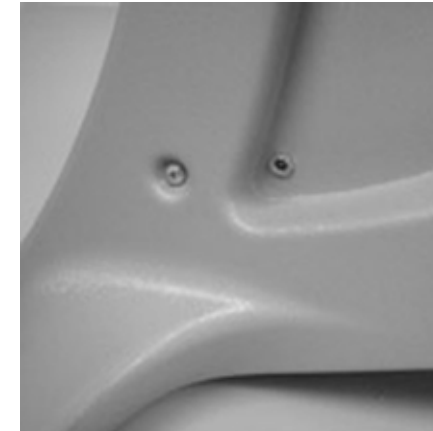


Charging Battery (models with LCD)



When the battery is low, a warning will flash on the LCD.

The input for the battery charger is located on the right side of the body, down by the foot.



Plug the correct end of battery charger cord into the input in the body and then plug the charger into a 120V wall socket. Charge for a minimum of 4 hours.



Avoid an electrical short by always plugging the charger into P44 before the wall socket.



P44 can be used while plugged into the wall.



Technical Data

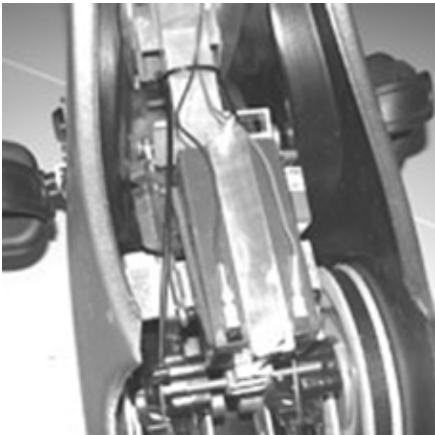
Length	26 in / 66 cm
Width	17 in / 43 cm
Height	27 in / 68.5 cm
Unit Weight	25 lbs / 13.5 kg
Maximum User Weight	Chair-dependent
Resistance	0 - 50 lbs / 22.5 kg per side
Power	12V rechargeable DC battery with wall pack transformer

Preventative Maintenance

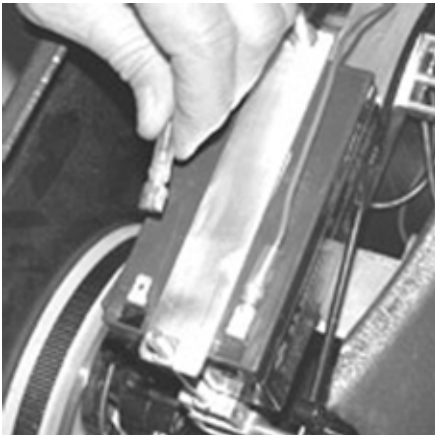
Part	Action	Frequency
Battery	Charge	Every 8 hours
Plastic cover	Clean w/ soapy water	Weekly
Nylon straps	Inspect for fraying	Weekly
Cutout on bottom	Vacuum lightly	Monthly



Scheduled Maintenance: Replacing Brake Pads



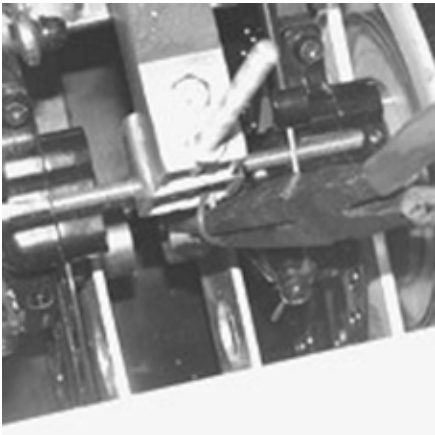
Release all tension (turn resistance knobs counter-clockwise) and place P44 on its backside.



Disconnect the two leads from the battery. Remove the battery (refer to page 13).

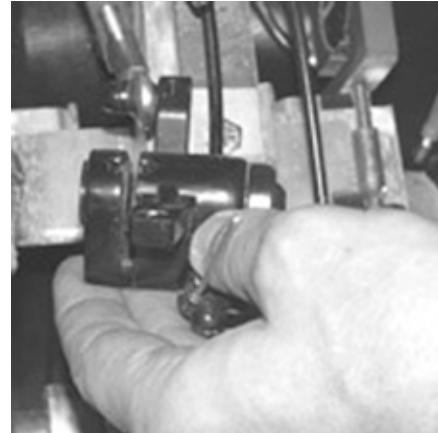
CAUTION

Touching either the metal of the lead or the battery can cause an electric shock.

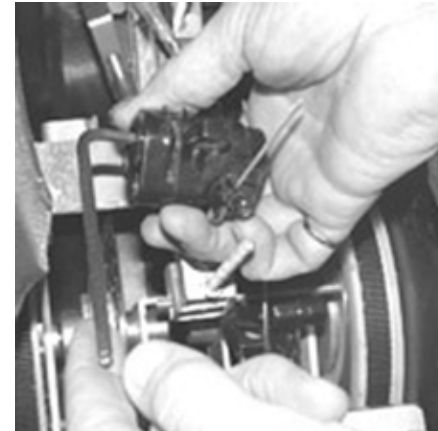


The threaded rod that secures the two brake calipers has a pin in the centre that needs to be pulled with a set of needle-nosed pliers.

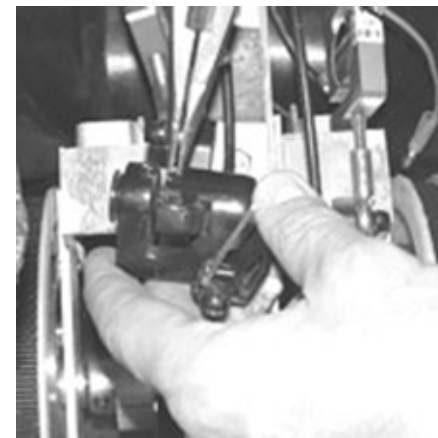
Slide the rod to the right and remove the left hand caliper from the disc by pulling up and away. Turn it over so that the pads are visible on the left hand side.



Take a 3/16 allen key and turn counter-clockwise so that the tab attached to the top of the pad itself slides to the left and into the slot in the caliper.



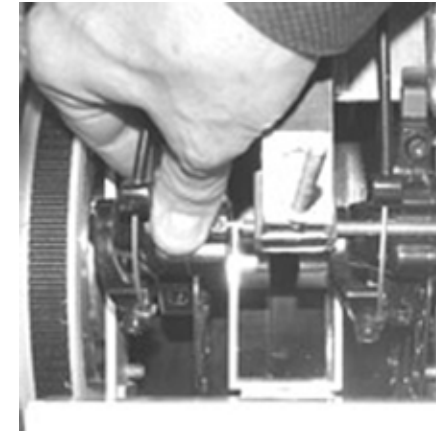
Grasp the tab attached to the top of each pad and remove the pads from the calipers.



A new pad is 2.5mm thick and a pad less than 0.5mm should be changed. If it is between these thicknesses, the pad can be re-installed and tightened, via the allen key.

! CAUTION

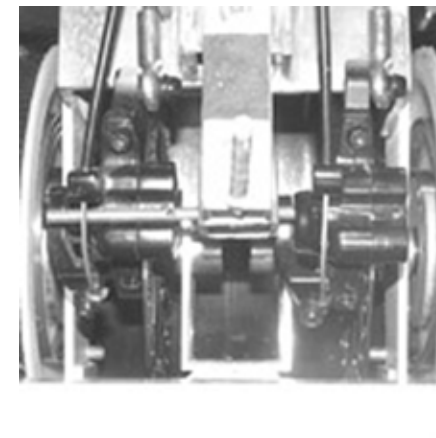
If in doubt, replace with a new pad. If below 0.5mm, little to no resistance will be felt.



After either re-installing the existing pads or replacing with new pads, use the allen key to tighten the outer pad with approximately a 2mm space between the two pads. Turn over and slide back on brake disc.

! CAUTION

If the space between the pads is less than 2 mm, the caliper will not slide onto the disc.



Once re-installed, slide the rod to the left and repeat the same steps to check/replace the pads on the right side. Once both calipers have been worked on, centre the rod and replace the pin to secure it in place. Re-install the battery and place the P44 back right-side up.



Troubleshooting

Issue	Cause	Solution
LCD won't turn on.	Battery is dead.	Charge the battery.
	Leads not connected to the battery.	Look to see if leads are connected to the battery. If not, connect them. (Refer to page 13)
	Display malfunction.	Contact customer service.
LCD not backlit.	LCD back light burnt out.	Contact customer service.
LCD not displaying resistance setting.	User not pushing on correct pedal.	Push left pedal for left side and right pedal for right side.
	No resistance has been set.	Turn correct dial clockwise.
	Strain gauge has malfunctioned.	Contact customer service.
LCD stops workout.	Resistance set over 50 lbs / 22.5 kg.	Reduce resistance below 50 lbs / 22.5 kg.
	User has stopped workout by depressing all three buttons.	Press C to continue workout.
	User has stopped pushing pedals.	Start pushing pedals again.
LCD not displaying power/work done on one or both sides.	No power/work is being done.	Start pushing pedals.
	Strain gauge has malfunctioned.	Contact customer service.
Cannot stop work out.	All three buttons not depressed at once.	Depress all three buttons at once.

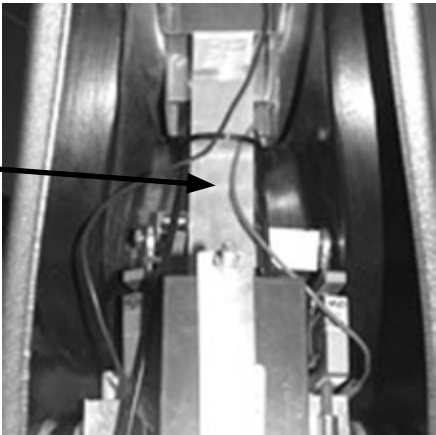


Issue	Cause	Solution
Pedal stop will not move to adjust.	Pin is not pulled out far enough.	Pull pin until pedal stop slides freely.
Pedal lever will not move on either side.	Too much resistance.	Turn proper resistance knob counter-clockwise.
No increase in resistance despite turning knob.	Knob being turned wrong way.	Turn knob clockwise.
	Brake pads need changing.	Change brake pads (refer to p. 16).
Brake caliper will not come off of brake disc.	Centre rod is not slide over far enough to right or left.	Slide rod all the way to the right or left.
Brake caliper will not go back onto brake disc.	Centre rod has slid over and is preventing caliper from slipping on.	Slide rod all the way to the right or left.
	Brake pads tightened too much.	Use allen key to back off brake pad to increase space between them.
Leg linkage attachment will not slide in.	Black plastic cap not removed from hole.	Remove black plastic cap.
	Something has fallen into hole, preventing leg linkage attachment from sliding in.	Inspect hole to see if anything has mistakenly fallen in.
Leg linkage attachment malfunctioning.	Attachment installed backwards.	Re-install, making sure foam pads are touching P44.
	Strap is tangled.	Untangle strap.



Location of Serial Number

The serial number is located above the battery on the underside of the P44.



Customer Service

Many questions or concerns can be answered in the SUPPORT section of our website: **www.p44.ca**

If personalized service is required, contact your distributor first and make sure to have your serial number ready.

Better Motion Group can be contacted directly at:

Phone: 1.877."P"44.9044

Fax: (289) 470.1046

Email: info@bettermotiongroup.com

Address: BETTER MOTION GROUP
225 Industrial Pkwy S., #31
Aurora, ON
L3X 1V3
CANADA



Warranty

One Year Limited Parts Warranty

Better Motion Group warrants replacement of repair of any part due to defect in material and/or workmanship for the period of one year from the original date of purchase. The original sales slip or other proof of purchase must be produced by the original owner to qualify for such replacement or repair. Shipping charges are not covered under the terms of this warranty (unless the one year labour warranty has not elapsed).

One Year Limited Labour Warranty

Better Motion Group warrants all repair work, including shipping charges, for one year from the original date of purchase. The original sales slip or other proof of purchase must be produced by the original owner to qualify for such service.

Warranties do not cover normal wear and tear (including brake pads, lever straps, and pedal straps), damage due to accident, misuse, abuse, neglect, recommended maintenance, or installation of parts or accessories not originally intended or compatible with the P44 Pro as sold.

There are no other warranties or guarantees expressed or implied by Better Motion Group.

Owner Identification and Information

Name:

Purchase Date:

Address:

Serial Number: